



## Frequently Asked Questions

**1. What is HeartReach Mobile Lab?**

HeartReach is part of Iowa Health – Des Moines’ unique traveling heart disease prevention program. The goal of HeartReach is to help you take charge of your heart and vascular health.

**2. What screening tests are offered on the HeartReach Mobile Lab?**

Health risk survey ♥ Three vascular screenings: ultrasound of carotid arteries and check for abdominal aortic aneurysm, and ankle-brachial index measure ♥ Electrocardiogram or EKG ♥ Cholesterol profile with blood sugar ♥ Body mass index and fat percent ♥ Consult with a cardiac nurse to review your screening results and your risk for heart and vascular disease. ♥ Tests are read by board certified physicians at Iowa Health – Des Moines

**3. How long does it take for the screening to be completed?**

Approximately 30 minutes.

**4. Do I have to have a complete screening?**

Many screening options are available. Call **1-866-935-5432** for more information.

**5. Do I need an appointment?**

**Yes**, call **1-866-935-5432**. You will set your screening time and receive information that is necessary to prepare for your screening.

**6. How do I pay for my screening?**

Payment is due at the time of the screening. We accept cash, check or credit card. *(No American Express or Discover)*

**7. Will insurance pay for my screening?**

Most insurance does **NOT** cover screening tests; however we do give you a receipt that has an insurance code. It will be up to you to file a claim with your insurance company. Most “Flex Spending” accounts **DO** cover cost of screening tests.

**8. Where can I get more information?**

[www.iowahealth.org/heartreach](http://www.iowahealth.org/heartreach) or **1-866-935-5432**

**9. Are you at risk?**

- **Beginning at age 20 know your numbers:** Blood pressure, Cholesterol, HDL, LDL, Triglycerides, Blood Sugar and Body Mass Index. Repeat at least every 5 years or every 2 years if there are other risk factors present such as; family history, smoking, overweight, no regular exercise and personal history of diabetes.
- **Vascular screening** for stroke, abdominal aortic aneurysm and peripheral vascular (leg circulation) disease have proven to be accurate in detecting vascular disease before symptoms or a major medical emergency such as stroke or abdominal aneurysm rupture occurs.
  - **Personal history of diabetes , smoking , or high blood pressure**
  - **Age 45** and older.
- **EKG** can identify abnormal heartbeats and may indicate effects of high blood pressure and past heart attacks and risk for sudden cardiac death.

***HeartReach** is a health awareness and education program for the primary prevention of heart and other cardiovascular diseases. This program is not intended for diagnosis or treatment. Persons with known risk factors should consult with their doctor for specific medical advice and treatment if needed.*